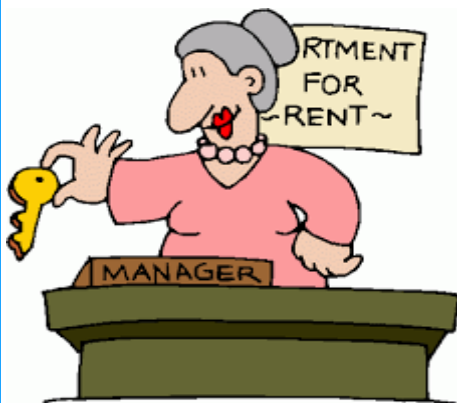


21 August 2020

NEWSPOINT EXTRA

Viewpoint Community E-Bulletin
Number 19

Viewpoint Services Update:



Empty Houses and Allocations

Due to lockdown we have not allocated any properties over the last few months and, as a result, we have a number of empty houses.

We have now started to repair and clean these houses and to look for new tenants to live in them. We have developed safe working processes for prospective tenants to be able to view and sign for properties.

In addition, following consultation with some of our volunteers, we will be putting short videos on our website of our empty properties. We are also working on additional information and photographs to support this e.g. common areas, gardens etc. This means that applicants can view on line and

then proceed to an actual viewing if they wish. We are in the early stages of this work and will continue to develop this over the coming months.

Details of how to apply for a property and our properties that are available can be found on our website at

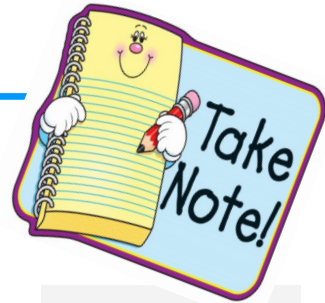
www.viewpoint.org.uk/housing-support

Routine Repairs

Although we have not carried out any routine repairs since lockdown we have continued to record these.

We have now started work on these repairs, and it will take a wee bit of time to clear the backlog. If your repair has become more urgent then please do let us know.

Thank you to everyone for your patience while we catch up on our repairs.



In this issue:

- Edinburgh Festival
- Keep in touch with nature
- Travel Guidance
- Book Club

Contact Us



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www.viewpoint.org.uk

Things to do



Edinburgh Festival

It's August, Edinburgh should be buzzing with festival activity—but not this year. Did you know that although the festival is cancelled there are still festival things happening online and offline. Go to:

www.edinburghfestivalcity.com/news/1070-so-what-will-be-happening-in-august-this-year

For information about:

Edinburgh Arts Festival 30/7/20—30/8/20

Edinburgh International Festival 7/8/20—31/8/20

Edinburgh Festival Fringe 7/8/20-31/8/20

Edinburgh International Book Festival 15/8/20—31/8/20

There might just be something that takes your fancy. Enjoy!



Noticing Nature Tips from the National Trust



Did you know spending time in nature boosts your connection with the natural world, and it can also help you feel good too? From 20 seconds to 20 minutes (and longer), the National Trust have some ideas for easy ways to spend time in nature every day, to make it part of your daily

routine. Don't forget to give yourself a pat on the back after completing each action.

Taking part helps your well-being and nature. (National Trust)

- Listen to birdsong,
- Touch bark, moss or grass,
- Smell a wildflower,
- Watch the clouds,
- Put food out for wildlife or birds,
- Sketch a flower or animal,
- Plant something to grow in your garden or on your window sill,
- Go litter-picking in your local park or area,
- Read a book outside,
- Just stop and listen to the sound of a stream or river.

Find out more at

<https://nt.global.ssl.fastly.net/documents/national-trust-noticing-nature-week-by-week-guide.pdf>



Useful Information



Guidance on travel



Stay local

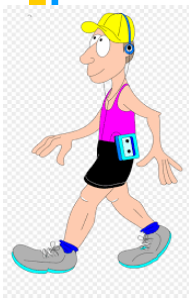
Walk, cycle
or wheel

Plan ahead if you need to
use public transport

If you have to drive,
avoid busy times

 transport.gov.scot/TransportTransitionPlan

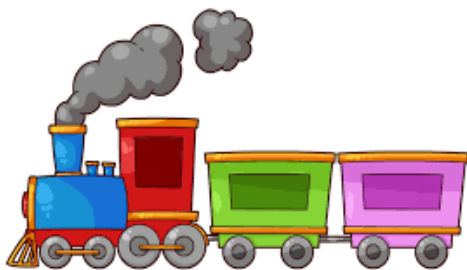
As we become more mobile you may find yourself wanting to travel to different shops or to see friends and family. Remember that coronavirus is still out there and it is essential that you plan any journey safely.



Walking and cycling are the modes of transport being recommended but this is not always possible or practical. The government have issued extensive guidance on travelling on public transport, by taxi, bus, train and even by aeroplane.

You can access all this information at the website above.

Remember do not take any chances and make sure that you stay safe wherever you go.



Your Local Council website has information about service disruptions in your area and also links to assistance during the pandemic.

Fife: www.fife.gov.uk

East Lothian: www.eastlothian.gov.uk

Mid Lothian: www.midlothian.gov.uk

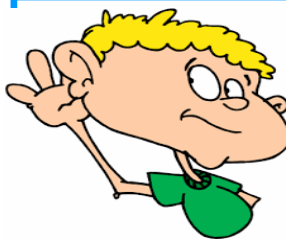
Edinburgh: www.edinburgh.gov.uk

Book Club

Still time to join the online book club. So far we have 4 people. Email me at tp@viewpoint.org.uk or text me on 07554 389 180.

And you don't have to be an academic to join—all you have to do is enjoy reading and want to have a chat about books that you have read, and we can all have a wee bit of fun.

As for the technology—just leave that to me!



Hearing Aid Advice

One of my neighbours was having problems with their hearing aid. As local NHS audio services have still not re-opened they went on line and found this site.

<https://actiononhearingloss.org.uk/coronavirus-response/what-to-do-if-your-hearing-aids-need-adjusting-or-repairing-during-the-coronavirus-outbreak/>

The site gives advice on how to resolve common problems as well as giving links to what the status of services are in your area.

Storecupboard Recipe

Fish Pie (serves 2)

Ingredients

330g of mixed chopped fish (ask your fishmonger) or use a packet of prepared fish for pies

450ml milk

450g potatoes, peeled and chopped

1 leek chopped

75g butter

1 tbsp. plain flour

1 tbsp. chopped chives

50g cheddar cheese, grated

1. Put fish in saucepan and add milk. Put a lid on the pan and bring to the boil and then turn the heat down and let the fish simmer for 5 minutes. Leave in the pan with the milk to cool.
2. Boil the potatoes in water for 20-25 minutes and then drain and mash with a little butter. Steam or boil the leek for 7 minutes until soft.
3. Once the fish is cool enough to handle, pour the milk into a bowl or jug. Flake the fish into an ovenproof dish and add the leeks.
4. Melt 75g butter in a saucepan and add the flour. Keep stirring all the time over a low heat for a couple of minutes to allow the flour and butter to blend and the flour to cook.
5. Add the milk that the fish was cooked in a little at a time mixing thoroughly and try to avoid lumps. It will start to thicken and you then add the chives and pepper. Whisk to ensure there are no lumps and keep stirring until the sauce is thick and smooth.
6. Remove from pan from the heat and add half of the cheese and stir through. Pour the sauce over the fish and leeks and then cover with the mashed potato, using a fork to pattern the top of the pie. Sprinkle the remaining cheese over the top of the pie.
7. Bake in oven 180°/Gas 4 for about 20 minutes until the top is golden brown and the fish mixture underneath is bubbling. Serve with peas, runner beans or broccoli.



Recipes and photograph from

Ageuk.org.uk

And Finally....



<https://www.pinterest.co.uk/biminibiggame/fishing-humor-quotes/>